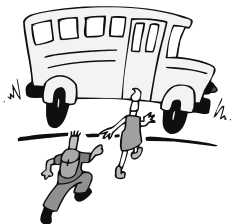


Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2009

Baked Cheesy Chicken Pasta Salad Tex-Mex Macaroni and Cheese Bubble Pizza Homestyle Coleslaw



Baked Cheesy Chicken

1 cup creamy-type fat-free dressing such as ranch, Russian, etc.
2½ cups crispy rice cereal, coarsely crushed
1 cup grated parmesan cheese
6 boneless, skinless chicken breast halves (1½ to 2 pounds total)
2 tablespoons butter, melted

1. Preheat oven to 350 degrees. Coat a baking sheet with nonstick cooking spray.
2. Place dressing in a shallow bowl. In another shallow bowl, combine the crushed cereal and parmesan cheese; mix well.
3. Dip the chicken in the dressing then in the cereal mixture, coating completely. Place on the baking sheet.
4. Drizzle the butter over the chicken and bake 20-25 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 360 calories, 12 grams of fat, and 25 grams of carbohydrates.

Eating Together

Have each family member answer the question "What storybooks do you like to read? Is there a special book you would like to read together after dinner?"



Pasta Salad

3 cups colored rotini noodles, cooked and drained
1 cup broccoli, cut into bite-sized pieces
½ cup cherry tomatoes (optional)
1 cup carrots, cut into bite-sized pieces
½ cup sweet bell peppers (green, red, etc.), cut into bite-sized pieces
1 bottle (8 ounces) light Italian dressing

1. In a large bowl, mix all ingredients until well coated with dressing.
2. Cover and refrigerate several hours before serving.

Nutrition Note: This recipe makes 8 servings. Each serving has 80 calories, 2 grams of fat, and 13 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I just knew breast is best and I loved the bonding time I was able to spend with my child."

~ Mandy, WIC Breastfeeding Mom
from Lisbon, ND



Tex-Mex Macaroni and Cheese

1 package (7.25 ounces) macaroni and cheese
½ cup low-fat or fat-free milk
1 tablespoon margarine
1½ cups frozen whole kernel corn
¼ teaspoon chili powder
1 can (15 ounces) kidney or pinto beans, drained
1 can (14.5 ounces) diced tomatoes
1 can (4 ounces) diced green chilies, drained (optional)

1. In a large saucepan, cook macaroni as directed on package; drain.
2. Add milk, margarine and cheese sauce package to cooked macaroni; mix well.
3. Stir in the corn, chili powder, beans, tomatoes and chilies. Cook until thoroughly heated, stirring occasionally.

Nutrition Note: This recipe makes 6 servings. Each serving has 250 calories, 3.5 grams of fat, and 47 grams of carbohydrates.



Bubble Pizza

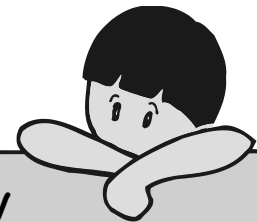
1 pound lean ground beef
1 can (15 ounces) pizza sauce
2 tubes (7.5 ounces) refrigerated buttermilk biscuits
1½ cups reduced fat mozzarella cheese, shredded
1 cup reduced fat cheddar cheese, shredded

1. Preheat oven to 400 degrees. Coat a 9x13-inch baking pan with nonstick cooking spray.
2. In a skillet, brown the ground beef; drain and rinse off excess fat. Stir in pizza sauce.
3. Quarter the biscuits and place in the baking pan.
4. Top with the beef mixture.
5. Bake uncovered for 20-25 minutes.
6. Sprinkle with cheeses. Bake 5-10 minutes longer or until cheese is melted. Let stand for 5-10 minutes before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 270 calories, 9 grams of fat, and 24 grams of carbohydrates.



The *Pick-WIC Paper* is developed for
the Special Supplemental Nutrition Program
for Women, Infants and Children
North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Ave., Dept. 301, Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Collect Leaves - Take a walk with your child to find leaves of different shapes. Place the leaves on plain paper and let your child trace around them. Hang them on the refrigerator.

Homestyle Coleslaw

½ cup light mayonnaise
⅓ cup low-fat or fat-free milk
1 teaspoon white vinegar
¼ cup sugar
¼ teaspoon salt
1 package (16 ounces) cabbage coleslaw mix

1. In a large bowl, whisk together the mayonnaise, milk, vinegar, sugar, and salt; mix until smooth and creamy.
2. Add the coleslaw mix and toss until well-coated.



Nutrition Note: This recipe makes 8 servings. Each serving has 90 calories, 5 grams of fat, and 11 grams of carbohydrates.

GROW HAPPY FAMILIES

**Cook together. Eat together. Talk together.
Make mealtime a family time.**

It takes a little work to bring everyone together for meals. But it's worth it and the whole family eats better.

- Start eating meals together as family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.